



CareHere!

Beat the Pack Kick the Can

GALVESTON COUNTY'S 2016 CLASSROOM TOBACCO CESSATION PROGRAM

Each year the County offers a number of opportunities to participate in a Tobacco Cessation course to its employees, retirees and their family members who are participating in any of the County's medical plans. Employees/Retirees who **complete** a cessation program in **2016** will avoid paying the higher tobacco-user premiums for **2017**. **Special Note:** If you completed the course in 2015 and yet your 2016 HRA results show you are still a tobacco user, you will pay the higher tobacco user premiums in 2017 if you have not completed a 2016 course.

While the 2017 rates have not yet been set, please see the below comparison of 2016 medical plan rates for tobacco vs. non-tobacco users for those who have completed their annual Health Risk Assessment (HRA):

MONTHLY EMPLOYEE RATES	HDHP/HSA PLAN		BASE PLAN		BUY-UP PLAN	
	Non-Tobacco User	Tobacco User	Non-Tobacco User	Tobacco User	Non-Tobacco User	Tobacco User
COVERAGE TIER:						
Employee Only	\$40	\$155	\$86	\$210.20	\$201	\$348.20
Employee/Spouse	\$185	\$300	\$233	\$357.20	\$349	\$496.20
Employee/Child(ren)	\$125	\$240	\$186	\$310.20	\$325	\$472.20
Employee/Family	\$255	\$370	\$317	\$441.20	\$495	\$642.20

Based on the rates above, in 2016 a tobacco user enrolled in the HDHP Plan is paying **\$1,380 more annually** than a non-tobacco user. A tobacco user on the Base Plan is paying **\$1,490.40 more** and a Buy-Up Plan tobacco user is paying **\$1,766.40 more annually** than a non-tobacco user. Therefore, we want to give you every opportunity to quit!

To participate in a cessation course, you must be on a County medical plan and be a registered patient of CareHere. You will be asked to commit to **completing** a consecutive 8-week classroom workshop PLUS participate in ongoing education with the CareHere Health Coach for one year. During the classroom workshop, the CareHere facilitator will provide support with nutritional and other counseling. *If a tobacco cessation prescription is desired, the employee will make an appointment with a CareHere Provider as directed by the CareHere facilitator.*

*The Classroom workshop will begin **Wednesday, August 17***

Completion of the 8-week course will be reported to the County. If you complete a 2016 Tobacco Cessation Course, you will pay the 2017 "Non-Tobacco User" rates (yet to be determined). If you have questions or would like to participate, please contact **Corey Jannett**, Galveston County HR, at (409) 770-5345 or by email at corey.jannett@co.galveston.tx.us before **August 10**.

TOBACCO CESSATION WORKSHOP TIMES AND LOCATIONS

Wednesdays 12pm – 1pm
Galveston County HR Training Room
722 Moody • 3rd Floor
Galveston, Texas

Wednesdays 5pm – 6pm
Health District HR Room
9850-A Emmett F. Lowry Expressway
Suite A111 • Texas City